



## Chicken Curry Casserole

#### **GARFIELD ELEMENTARY SCHOOL**

Washington, District of Columbia

## **Our Story**

The students of Garfield Elementary School were eager to accept the *Recipes for Healthy Kids* Competition challenge. The recipe challenge team began by brainstorming ideas and developing recipes for each category of the competition. Students then prepared the dishes for their peers and used the feedback to perfect the recipes. While all of the dishes were popular at Garfield, the Chicken Curry Casserole gained special attention from the competition judges. This chicken curry recipe originated from a student who was inspired by a favorite dish her aunt makes at home. Chicken Curry Casserole is a dish to warm the heart and please the soul!

### **School Team Members**

#### SCHOOL NUTRITION PROFESSIONAL

Danielle Schaub, RD (Chartwells-Thompson)

#### CHEF

Clay Berry (Executive Chef, Chartwells-Thompson)

#### **COMMUNITY MEMBER**

Sapna Batheja, MS, RD (Project Manager, American Association of School Administrators)

#### **STUDENTS**

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## Meal Components: Meat/Meat Alternate-Other Vegetable-Grains

Main Dishes D-55r

|                                      | 50 Servings |               | 100 Servings |              | Directions   |  |  |
|--------------------------------------|-------------|---------------|--------------|--------------|--|--|--|
| Ingredients                          | Weight      | Measure       | Weight       | Measure      | Process #2: Same Day Service   |  |  |
| Water                                |             | 3 qt 2 cups   |              | 1 gal 3 qt   | 1. Boil water.   |  |  |
| Brown rice, long-grain, regular, dry | 3 lb        | 1 qt 3 ½ cups | 6 lb         | 3 qt 3 cups  | <ol> <li>Place 1 lb 8 oz brown rice in each steam table pan (12" x 20" x 2 ½").         For 50 servings, use 2 pans.</li></ol> |  |  |
| Canola oil                           |             | ½ cup         |              | 1 cup        | 6. Cook oil and broth over medium heat for 5 minutes.  |  |  |
| Low-sodium chicken broth             |             | 2 cups        |              | 1 qt         |  |  |  |
| *Fresh carrots, shredded             | 2 lb 3 oz   | 2 qt 2 cups   | 4 lb 6 oz    | 5 qt         | 7. Add carrots, celery, and onions. Cook for 10 minutes or until vegetables are tender. Set aside.                             |  |  |
| *Fresh celery, diced                 | 1 lb 7 oz   | 1 qt ½ cup    | 2 lb 14 oz   | 2 qt 1 cup   |  |  |  |
| *Fresh onions, chopped ½"            | 1 lb 6 oz   | 1 qt 1 cup    | 2 lb 12 oz   | 2 qt 2 cups  |  |  |  |
| Curry powder                         |             | ¼ cup 2 Tbsp  | 3 oz         | ³⁄4 cup      | 8. Combine curry, garlic, pepper, salt, and yogurt. Mix well.  |  |  |
| Garlic powder                        |             | 3 Tbsp        |              | ¼ cup 2 Tbsp |  |  |  |
| Ground black pepper                  |             | 1½ Tbsp       |              | 3 Tbsp       |  |  |  |
| Salt                                 |             | 1 Tbsp        |              | 2 Tbsp       |  |  |  |
| Low-fat yogurt, plain                | 2 lb        | 1 qt          | 4 lb         | 2 qt         |  |  |  |

🥻 The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.



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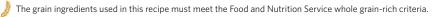
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|---|-------------|---------|--------------|---------|---|--|
| Ingredients   | Weight      | Measure | Weight       | Measure | Process #2: Same Day Service  |  |
| Frozen, cooked fajita chicken strips,<br>thawed, diced 1" | 6 lb 4 oz   | 1 gal   | 12 lb 8 oz   | 2 gal   | <ul> <li>9. Add vegetable mixture to rice. Fold in curry/yogurt mixture. Add chicken. Combine well.</li> <li>10. Bake uncovered:     Conventional oven: 400 °F for 10 minutes     Convection oven: 375 °F for 10 minutes</li> <li>Critical Control Point: Heat to 165 °F or higher for at least 15</li> </ul> |  |
|   |             |         |              |         | seconds.  |  |
|   |             |         |              |         | 11. Critical Control Point: Hold for hot service at 135 °F or higher.   |  |
|   |             |         |              |         | 12. Portion with 6 fl oz spoodle (¾ cup).   |  |

## Notes

\*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

| Serving   | Yield                        | Volume  |
|---|------------------------------|---|
| 3/4 cup (6 fl oz spoodle) provides 1 1/4 oz equivalent meat/meat alternate, 1/4 cup other vegetable, and 3/4 oz | 50 Servings:<br>about 21 lb  | 50 Servings:<br>about 2 gallons<br>2 ½ quarts |
| equivalent grains.  | 100 Servings:<br>about 42 lb | 100 Servings:<br>about 5 gallons 1 quart      |



| Marketing Guide       |             |              |  |  |  |
|-----------------------|-------------|--------------|--|--|--|
| Food as Purchased for | 50 servings | 100 servings |  |  |  |
| Carrots               | 2 lb 12 oz  | 5 lb 8 oz    |  |  |  |
| Celery                | 1 lb 12 oz  | 3 lb 8 oz    |  |  |  |
| Mature onions         | 1 lb 10 oz  | 3 lb 4 oz    |  |  |  |

| Nutrients Per Serving                            |  |  |   |  |  |  |  |  |
|--|--|--|---|--|--|--|--|--|
| Calories<br>Protein<br>Carbohydrate<br>Total Fat | 220.32<br>14.33 g<br>26.40 g<br>6.47 g | Saturated Fat<br>Cholesterol<br>Vitamin A<br>Vitamin C | 1.34 g<br>50.70 mg<br>3161.50 IU<br>(158.37 RAE)<br>2.56 mg | Iron<br>Calcium<br>Sodium<br>Dietary Fiber | 1.43 mg<br>64.98 mg<br>563.78 mg<br>2.81 g |  |  |  |